

San Lorenzo Valley USD

Elementary Lunch (k-5)

HHFKA - K-5

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 8 Chef Choice Nacho Bites MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	Jan - 9 Pizza Cheese WW Tony Salad Bar Pizza Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Jan - 10 Quesadilla, Cheese Wed Salad Bar MILK,1% Lowfat MILK,FF Chocolate	Jan - 11 Bean and Cheese Burrito Salad Bar Mex MILK,1% Lowfat MILK,FF Chocolate Taco Sauce	Jan - 12 Chicken Nuggets WG Salad Bar Veggie (Fri) Ranch Dressing R/F BBQ Sauce 12 gm PKT MILK,1% Lowfat MILK,FF Chocolate	Avg Nutrients Target Cals... 580* 100% Sodium. 1118* mg Fiber.. 7.9* g 131% Iron... 3.2* mg 90% Calcium550.5* mg 192% Vit A 4094* IU 366% Prot 26.3*g 18.1%Cal Carb 86.7*g 59.8%Cal T.Fat 15.9*g 24.7%Cal S.Fat 5.9*g 9.2%Cal
Jan - 15	Jan - 16 Pizza Cheese WW Tony Salad Bar Pizza Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Jan - 17 Mac & Cheese RF (Rose) Salad Bar Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Jan - 18 Pizza Crunchers Rich's Salad Bar Mex Ranch Dressing R/F Mustard Hellmann's Pum MILK,1% Lowfat MILK,FF Chocolate	Jan - 19 Mini Corn Dogs Tater Tots, Salad Bar Veggie (Fri) MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	Avg Nutrients Target Cals... 656* 101% Sodium. 1092* mg Fiber.. 10.6* g 177% Iron... 3.4* mg 97% Calcium680.5* mg 238% Vit A 5069* IU 453% Prot 28.0*g 17.0%Cal Carb 98.2*g 59.9%Cal T.Fat 19.1*g 26.2%Cal S.Fat 6.9*g 9.5%Cal
Jan - 22 Chicken Drumstick Bread Salad Bar Beans (mon) MILK,1% Lowfat MILK,FF Chocolate BBQ Sauce 12 gm PKT Ketchup Hellmann's Pum	Jan - 23 Pizza Cheese WW Tony Salad Bar Pizza Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Jan - 24 HAMBURGER ON A BU Salad Bar MILK,1% Lowfat MILK,FF Chocolate BBQ Sauce 12 gm PKT Ketchup Hellmann's Pum	Jan - 25 Chef Choice Salad Bar Beans (mon) MILK,1% Lowfat MILK,FF Chocolate BBQ Sauce 12 gm PKT Ketchup Hellmann's Pum	Jan - 26	Avg Nutrients Target Cals... 578* 100% Sodium. 938* mg Fiber.. 11.4* g 190% Iron... 4.0* mg 114% Calcium471.4* mg 165% Vit A 5623* IU 502% Prot 28.4*g 19.7%Cal Carb 87.4*g 60.5%Cal T.Fat 14.6*g 22.8%Cal S.Fat 5.3*g 8.3%Cal
Jan - 29 Bosco Stick (2 stick) Salad Bar Beans (mon) MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F Bosco Sauce Cup	Jan - 30 Pizza Cheese WW Tony Salad Bar Pizza Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Jan - 31 WG Chicken Sticks Salad Bar MILK,1% Lowfat MILK,FF Chocolate			Avg Nutrients Target Cals... 649* 100% Sodium. 955* mg Fiber.. 12.7* g 212% Iron... 4.4* mg 127% Calcium614.1* mg 215% Vit A 5938* IU 530% Prot 30.4*g 18.7%Cal Carb 99.0*g 61.1%Cal T.Fat 16.9*g 23.4%Cal S.Fat 6.2*g 8.6%Cal

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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